

# HALO PRE AND POST INSTRUCTIONS

Physicians have used lasers for many years. Halo Pro Laser combines 1470 nm non-ablative laser and 2940 nm ablative laser technologies. It creates controlled coagulation zones to specific depths in the dermis, stimulating neocollagenesis. Additionally, it fractionally vaporizes (ablates) micro laser channels in the epidermis, addressing the tone and texture of the epidermis.

Halo fractional treatment caters to skin concerns, health, and healing ability. Erythema and edema are desired responses post-treatment. Redness and healing time depend on the depth and coverage of the procedure.

## Pre Treatment

### Cleansing:

Cleanse the skin twice daily with plain, lukewarm water and gentle cleanser. Do not rub, scrub, or use an exfoliant before (or after treatment).

### Moisturizer:

It is possible to apply moisturizer at any time. Moisturizers should not contain fragrances, color, or any essential oils. We have several recommended options in the spa that have been proven safe and improve results.

### Products:

Do not use Retin A or retinol-containing products for at least three days before laser treatment. We recommend using hydroquinone before treatment (contact us if you have a darker skin tone and have questions). Stop hydroquinone three days before treatment.

### Medications:

If you are prone to cold sores and want a prescription for Valtrex, please get in touch with us or your doctor – this is necessary for any laser near your mouth.

If your doctor needs to put you on an antibiotic for other reasons, or if you take antibiotics regularly, please let us know – we may need to reschedule your laser or adjust your medications with your doctor.

- Pinpoint bleeding may occur. Depending on the treatment depth, it can last a few to 12 hours and may only apply to certain treated areas. It is most common around the mouth or in areas of lines/scarring.

- Immediately after treatment, swelling is joint and expected. If you experience swelling after a treatment, apply an ice pack or cold compress. To prevent further swelling, make sure that you sleep in an upright position on the first night after the treatment. Swelling is more common during the first morning after the treatment, particularly under the eyes. The duration of swelling may vary from 2 to 4 days, depending on your treatment and your tendency to have “allergy eyes.” Andrea has previously experienced swelling for a week after aggressive treatments.
- The treated area may be hot for 12-24 hours afterward. Cold compresses and ice packs can alleviate discomfort during this period. **DO NOT APPLY ANY OCCLUSIVE DRESSING SUCH AS AQUAPHOR OR VASELINE DURING THIS TIME – IT WILL TRAP THE HEAT!**
- Two to three days after treatment, you will notice tiny dark spots and a bronzed appearance to the treated skin. It is called the MENDS (microscopic epidermal necrotic debris). In individuals with heavily pigmented skin or areas where sun damage has caused pigmented lesions, the tiny wounds contain a large amount of pigment. There are so many MENDS that they can make the skin look bronzed and small areas appear crusted (don't try to scratch them off). It is part of the healing process where treated tissue works to expel out of your body as new, fresh skin is regenerated. During this time, your skin will be dehydrated, have a sandpaper texture, and will begin to flake and peel. If the face requires treatment, it could take 5-7 days for peeling to complete. If the neck, chest, or other body part needs treatment, this process could take up to 2 weeks.
- After peeling, your skin will have a rosy, pink glow that will gradually subside. Your clinician will advise you when it's safe to use makeup and which type you should use.
- If you are taking an antiviral, continue to take it as directed.
- Following treatment, you may experience discomfort that can be relieved with oral pain relievers such as Extra Strength Tylenol. In addition, if prescribed by your doctor, you can also take the prescribed pain medication.
- Itching during the healing phase is normal. You can take oral Benadryl to help relieve the itching, but be aware that it may make you sleepy. Scarring and pigmentation complications may occur.

## Post Care

- Once your skin is excellent, you may use a calming, clean moisturizer. We do not recommend any moisturizer with color, fragrance, or essential oils. We have recommended that Alastin products be available at the spa for purchase. Using a moisturizer with petroleum may be suited for individuals who receive more

graduated coverage **ONLY AFTER 24 HOURS** once the skin is incredible. The cream may be sufficient for less aggressive treatments. An alternate product recommendation is Vanicream (Target or Walmart)

- Cleanse the skin twice daily after treatment using plain, lukewarm water and a gentle cleanser. Again, we recommend our Alastin products. Alternate product

– Cetaphil or CeraVE. Gently apply the cream with your hands, letting it dry with a soft cloth after using the cleanser and water. Do not rub, scrub, or use an exfoliant or a skin care brush in the treated area, such as a Clarisonic. Scarring and pigmentation complications could result.

- After the treatment, skin peeling and flaking may occur within 24 hours. It is essential to let the skin come off naturally and avoid picking, rubbing, or forcing any skin off during the healing process. Such actions could lead to scarring, pigmentation complications, and infection. To help promote the peeling process, gently washing the skin more frequently is recommended.
- Use sunscreen daily and vigilantly beginning the day of treatment. We have several options for continued and tinted sunscreens at the spa that we highly recommend. In our beautiful climate, there is never a safe time not to use sunscreen on your resurfaced skin. Cover the treated area with a hat and clothing if direct sun exposure is required.
- It is usually possible to wear makeup after the peeling process.
- Avoid strenuous exercise and sweating until after the skin has healed.

When to call us –

There may be some swelling immediately post-treatment; in case of excessive swelling or signs of infection, please get in touch with our office directly. Infection symptoms include:

- Pus-like drainage
- An increase in warmth around the treated area
- A fever of 101.5 or higher
- Extreme itching